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[« Previous](#) | [Main](#) | [Next »](#)

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Mountain Biking in Moab

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[Craig Frew](#) | 11:40 UK time, Monday, 24 August 2009

Check out some of the [breathtaking pictures](#) from Mark's day on the [mountain bike trails](#) in Moab.



Moab's red rock desert at dawn

The barren hills and the incredible sunburnt scenery help to make the red rocks of Moab a mountain biking haven. Mark spent the day scaling the stunning landscape with the help of experienced guide, Allan Poertner.



Flickr - I won't say how old but Alan is well over double my age and I could hardly keep up with him on the technical slick rock mountain biking!

Keep an eye on the blog for some footage from the amazing trip in the next few weeks.

Do you have a similar tale to tell? Don't forget to share your [mountain biking photos](#) and [stories with Mark](#).

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Previous

Next

1. At **4:02pm** on 24 Aug 2009, [metalmikeonhisbike](#) wrote:
Hi Mark,

Im really glad you posted that link to wikipedia regarding hitting the wall, or as you put it 'first 'bonk' on this expedition'. That was indeed a term in need of clarification for those of us who didnt know what it meant in that context! lol.

Stunning photos, real roadrunner and coyote country. Hope you managed to get plenty of good scan when you stopped.

[Complain about this comment](#)

2. At **5:56pm** on 24 Aug 2009, [corbettbagger](#) wrote:

So you take a day off from an 18,000 mile epic pan american cycle traverse, and you spend that free day on a mountain bike, you're certainly a bit of an enthusiast when it comes to two wheels and some lycra.

I guess its Monument Valley for you next, hope it is as spectacular as I imagine.

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3. At **9:42pm** on 24 Aug 2009, [Sanko70](#) wrote:

Hi Mark,

Just finished reading your book which I really enjoyed, and I'm now avidly following your latest odyssey. It's pretty inspirational stuff, and certainly brightens up my days back here in Blighty. One day I'm going to set fire to my office and plan an adventure of my own...one day!

Best of luck, and enjoy the ride.

[Complain about this comment](#)



4. At [03:56am](#) on 20 Sep 2009, [amandarose05](#) wrote:

I ride with Allan and the Solfun mountain bike guides all the time and I can't keep either!! I hope you had fun in Moab. Have a great journey, sounds fantastic.

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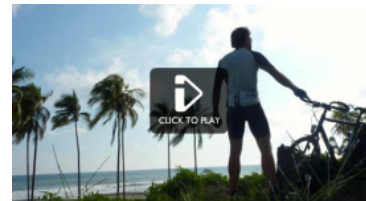


About this blog

World record breaker Mark Beaumont is cycling from [Anchorage, Alaska](#) to [Ushuaia in Southern Argentina](#). Following the line of the mountain ranges which form the [American Cordillera](#), he'll climb the two highest peaks [Mount McKinley](#) and [Aconcagua](#), on foot. Recording the adventure on this blog and for a [BBC One](#) series, The Man Who Cycled the Americas.

Cycling the Americas videos

Don't miss out on the great videos from Mark's journey.



- [▶ On The Road in Southern Mexico](#)
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Twitter updates

...and getting utterly soaked in the daily afternoon storms! <http://flic.kr/p/778Buj>
about 10 hours ago

Enjoying a rare section of great road as I race the locals! <http://flic.kr/p/774G3a>
about 10 hours ago

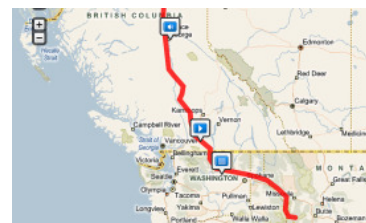
RT @catief <http://twitpic.com/la8xk> -
@cyclingamericas a cycling ancestor for you... cx about 13 hours ago

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Mapping the Route



Did you know you can follow Mark's progress on our [map](#)? It's an easy way to rediscover pictures, videos and stories from the trip.



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[First Sight of the Pacific](#) (2)
[Headcam, Moab Mountain Biking](#)(5)
[Mexico, Mini Slideshow](#)(6)
[Mountain Biking in Moab](#)(4)

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Past twelve months
[October 2009](#) (8)
[September 2009](#) (18)
[August 2009](#) (16)
[July 2009](#) (17)
[June 2009](#) (40)
[May 2009](#) (11)
[complete archive](#)

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